

MANMED P5010

CHAPTER 1
FOOD SAFETY
HM2 Spatola

TERMS

- Approved-Acceptable to the CHBUMED.
- Critical Limit-Max or Min value a temp must be to minimize food risk.
- Food-Any item for sale for human consumption.
- Person in Charge-individual in an establishment responsible for operations at the time of an Inspection.

TERMS

- PH balance-Measurement of acidity and alkalinity of a solution. Value of acidity is 0-7 while alkalinity is 7-14. 7 is neutral.
- Potentially Hazardous Food (PHF)-Food that requires temperature control to prevent growth of microorganisms, botulism or Salmonella.
- Preventive Medicine Authority(PMA)-PMT's. Can also be Army Vet, IDC, Senior General duty HM, Medical Officers.

TERMS

- Ware Washing-Cleaning and Sanitizing of food contact surfaces of equipment and utensils.

RESPONSIBILITIES

- CHBUMED-Establishes sanitary guidelines and fitness for consumption.
- MTF's-Conduct regular food service sanitation and inspections.
- NEPMU-Provide advice and recommendations for preventive medicine and environmental health.
- ARMY Vets-Responsible for commissaries.

RESPONSIBILITIES

- CO-Ultimate responsibility for food and beverages served within their jurisdiction.
- FSO-Direct charge of food service prep, servicing and storage.
- PMT-Routine food inspections, approved source inspection, food training, food borne illness.
- PIC-In military galleys is the FSO or leading CS.

TRAINING REQUIREMENTS

PERSON IN CHARGE

- 18 Hour
Supervisor
Course.
- Every 3 years (5
now)
- Can teach 4 hour
course

FOOD EMPLOYEE

- 4 hour course within
first 30 days of
employment
- Every year
- Temp employees (less
than 30 days) need 2
hours.
- Bartenders need one
hour

QUALIFIED INSTRUCTORS

- IDC-Must requalify every 3 years
- PMT
- EHO
- 18 hours managers
- Instructors are certified as required by SECNAVINST 4061.1

EMPLOYEE HEALTH

Prohibited Diseases

- Salmonella
- Shigella
- E Coli
- Hepatitis A

Prohibited Symptoms

- Diarrhea
- Fever
- Vomiting
- Jaundice
- Sore throat
- Uncovered open lesions

RESTRICTIONS

- Employee has prohibited disease or SX
- They live in same household as someone with prohibited disease
- Has previously had prohibited disease
- Traveled out of the country in the last 50 days.

PERSONAL CLEANLINESS

- Wash hands at least 20 seconds
- Do not wash hands in food prep or service sink unless no other sink is available.
- Jewelry must not be worn on arms and hands. One wedding band may be worn only.
- Personal Effects must be kept out of food prep areas.

HYGENE PRACTICES

- Do not eat, drink or smoke in food prep areas. Covered drinks are ok.
- Hair nets or hats must be worn in food prep area. Hostess and counter staff do not have to if not in the prep area.
- Only support animals or security dogs are allowed in food areas.

Procurement of Food Items

- Subsistence Prime Vendor (SPV)
- Delivered within 48 hours
- Rejections must be replaced by SPV

Directory of Sanitarily Approved Food Establishments

- Meat and Poultry Inspection Directory
- Milk with pasteurized milk compliance rating of 90% or greater.
- Approved Fish Establishments parts I,II,III
- Shellfish Shippers list



ACCEPTANCE AUTHORITY

Meats and Poultry

- NAVSUP 421
- NAVSUP 486

Fish and Seafood

- No refrozen fish
- Fresh fish have bright red gills, clear eyes and firm elastic flesh.
- Dull fish have cloudy eyes, soft flesh and impressions are easily left from finger pressure.
- Fish caught over the side cannot be consumed.

Fruits and Vegetables

- USDA standards
- NAVSUP 421

Canned Products

- Must be hermetically sealed
- Home canned foods are prohibited
- Defective cans cannot be accepted unless coffee or molasses.

Milk, Eggs and Cheese

- Milk must be received at 45F or less
- Shell eggs must be received at 45F or less and maintained at 41F or less.
- Cheese must be maintained at 41F or less.
- Cheese with mold can be used after removing a ½" layer.



PHF

- PHF must be 41F (5C) or less when received.
- PHF that is heated must be maintained at 140F (60C) or above.

Protection of Food Items From Contamination

- Vegetables of uncertain origin must be chemically disinfected. (page 55)



Storage and Care of Food Items

- Food must be stored 6" up (8 on ship) and 4" from the wall.
- Wood pallets must not be used.
- Do not use galvanized metal cans for storage of wet foods or beverages.
- One thermometer per refer accurate +/- 3
- Required temp is 32-41F for refers and 0 or below for freezers.
- Ice accumulation must not be greater than $\frac{1}{4}$ "

Some Temperatures

- Ice Cream- 6-10F
- Micro waved items-165F internal
- Hot holding-141F preheat to 145F

Food infestations

Semi-Perishable

- Heavily infested food, seven or more dead insects per pound must be surveyed.
- Lightly infested should be removed and frozen for 72 hours then sifted to remove insects. This will not kill them. To kill them product must be kept at 0F for two weeks.
- Refer to P5010 Chapter 8 for insects.

Infestations

- Trogoderma
- If one is found, condemn the whole container or bag.



Infestations

- Tribolium or Confused Flour beetle
- 3 insects per pound



Ice

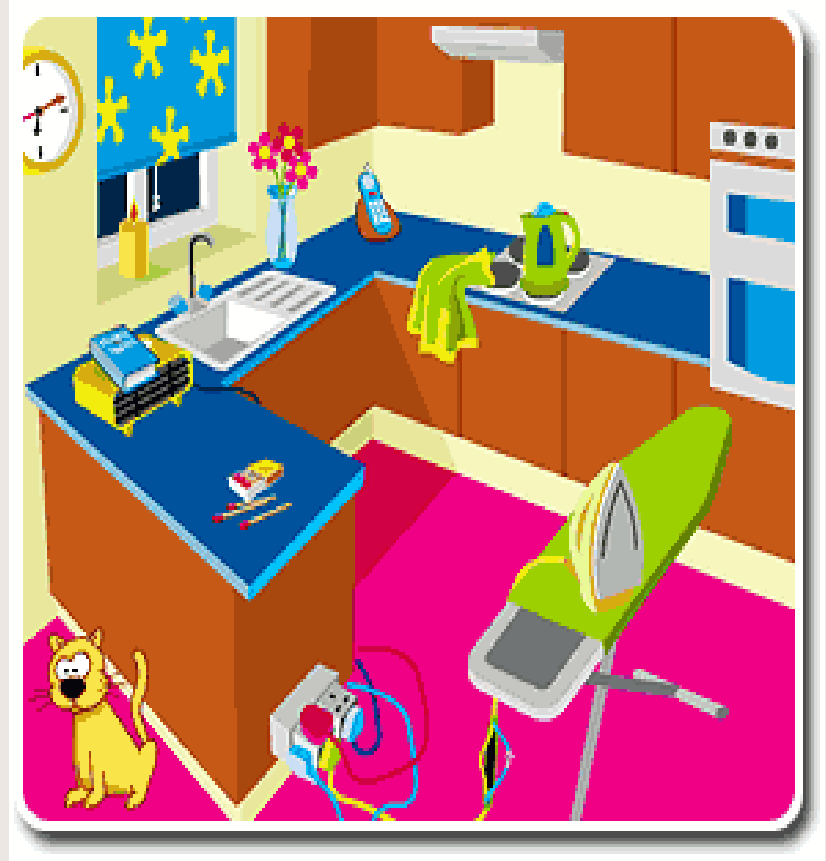
- Must be made from approved potable water source.
- Ice scoop must not be stored directly in the ice.
- Ice machines must be cleaned and inspected monthly.
- Rinse with water containing at least 50 ppm chlorine.

Serving Food

- Food prepared in private homes may not be used.
- Temperature danger zone 41-140F

More Temps

- Poultry, Stuffed Meats-165F(74C) internal for 15 seconds
- Pork, game animals, fish and eggs:
145F(63C) for 3 minutes
150F(66C) for 1 minute
155F(68C) for 15 seconds



More Temps

- Ground Beef-155F for 15 seconds or until juices run clear.

Advance Preparation/ Leftovers

- Must be chilled to 41F or below within 4 hours.
- Must be used within 72 hours if it contains PHF.
- Leftovers must be used within 24 hours chilled or 5 hours hot.
- Items like potato or egg salads cannot be used as leftovers and must be discarded after 4 hours.
- Regular salads must be used within 72 hours of opening.

Advance prep and Leftovers

- Cheese and meats must be used within 7 days of opening.

Hazard Analysis and Critical

Control Points (HACCP)

- Divided into 7 principles
 1. Identify PHF
 2. Identify Critical Control Points (CCP) in food preparation.
 3. Establish critical limits for CCP's.
 4. Establish procedures to monitor CCP's
 5. Establish corrective actions when Critical Limit has been exceeded.

HACCP

6. Establish Effective Record Keeping
7. Establish procedures to verify system is working.

Ware Washing

- 6 steps
 1. Sorting
 2. Scraping
 3. Washing
 4. Rinsing
 5. Sanitizing
 6. Air Drying

Manuel Ware Washing

- 3 sink method
- Field messing-
refer to Chapter
9



MISC

- Outside trash areas should be 100 feet from the facility if possible.
- Inspections of food facilities is monthly but facilities can be exempted to quarterly.



Food Borne Illnesses

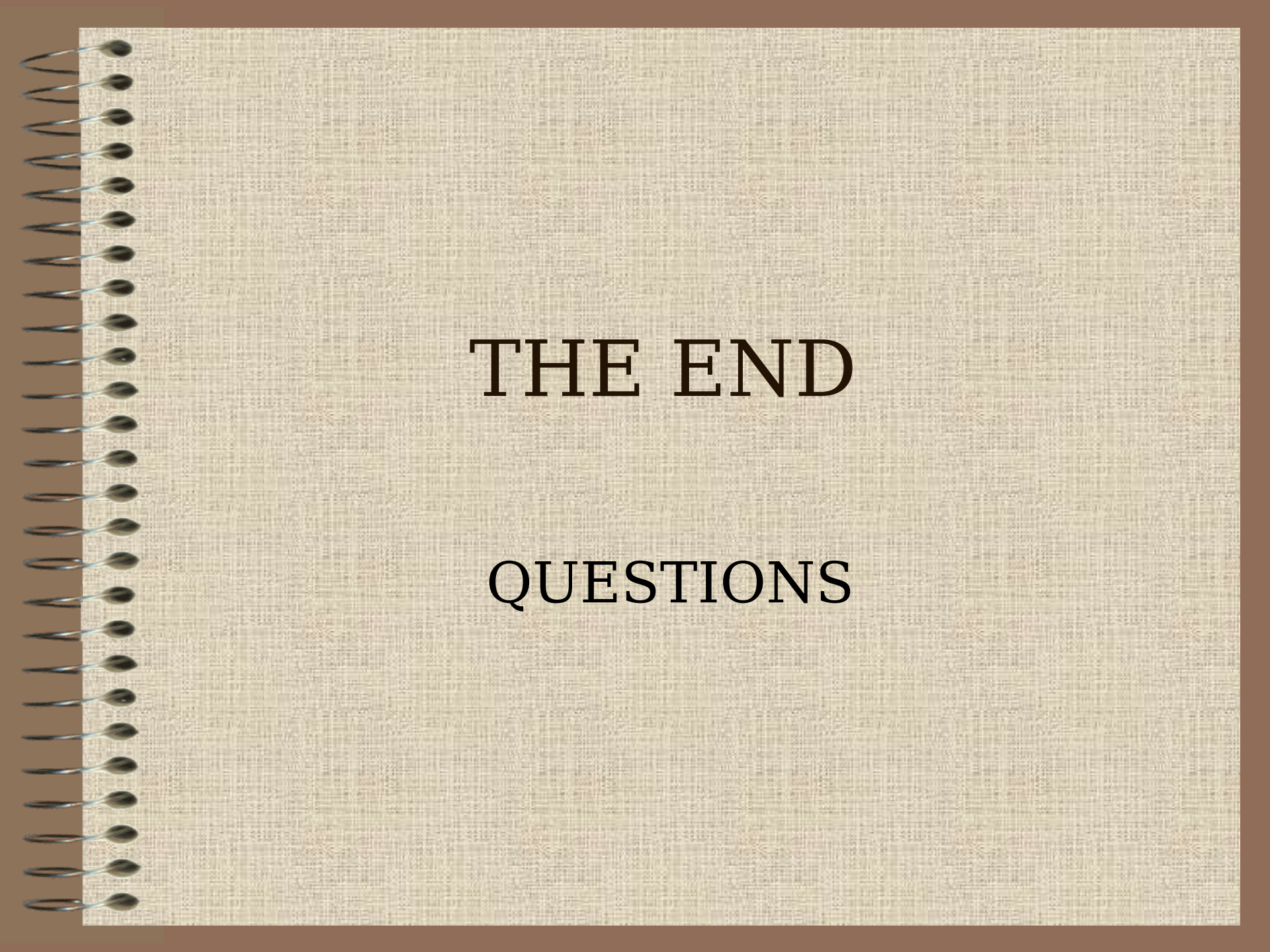
- Food infection-
caused by ingesting
pathogenic
microorganism.
Exp is E Coli or
Salmonella.
- SX include fever,
headache,
abdominal pain,
diarrhea.



Food Borne Illnesses

- Food Intoxication-
Caused by bacteria that produce toxins under favorable growth conditions.
- Exp-Staphylococcal, botulism.
- SX appear in less than 8 hours. Same SX as infection except more severe and generally without a fever.



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THE END

QUESTIONS